

TFNL



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The Track and Field
Newsletter of MAWA
























**Torun
world
champs**

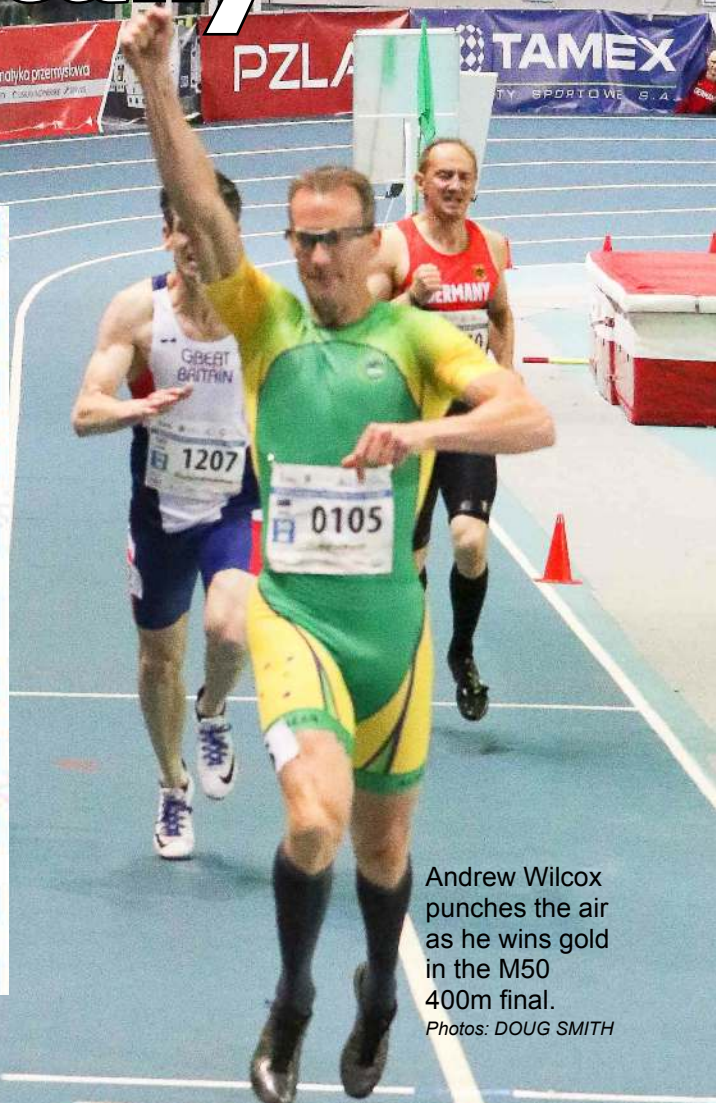
Long Jump

FOSTER
AUS R:1

Melissa strikes gold

Medal tally

rk	team					total
1	 Germany	(GER)	100	79	83	262
2	 United States of America	(USA)	62	48	49	159
3	 Poland	(POL)	60	64	58	182
4	 Great Britain and Northern Ireland	(GBR)	60	58	48	166
5	 Spain	(ESP)	46	35	33	114
6	 France	(FRA)	32	23	23	78
7	 Finland	(FIN)	23	27	30	80
8	 Italy	(ITA)	22	23	30	75
9	 Sweden	(SWE)	15	12	16	43
10	 Latvia	(LAT)	11	11	7	29
11	 Ireland	(IRL)	10	18	13	41
12	 New Zealand	(NZL)	9	9	6	24
13	 Estonia	(EST)	9	6	4	19
14	 Netherlands	(NED)	8	10	9	27
15	 Denmark	(DEN)	8	3		11
16	 Canada	(CAN)	7	9	5	21
17	 Ukraine	(UKR)	7	7	10	24
18	 Czech Republic	(CZE)	6	15	12	33
19	 Belarus	(BLR)	6	9	7	22
20	 Australia	(AUS)	6	5	14	25



Andrew Wilcox punches the air as he wins gold in the M50 400m final.
Photos: DOUG SMITH

Paparazzi sprints after Belarusian woman

Canada's Doug "Shaggy" Smith thought he would not be running at the World Indoor Championships due to an injury. He was wrong.

On a facebook post Doug explained that while shooting the W80 800m finals, the officials at the finish line started yelling. Palina Katsuba from

Belarus thought she had a lap to go and kept running past the finish.

"I sprinted into action and, despite the injury and carrying a 20lb camera, I was able to track her down," Doug said.

"When I came up beside her, she thought it was a competitor and picked

it up. I made the sweeping hand under the throat motion that (to me) means it's done. Apparently, in Belarus it means that I want to do you harm.

The poor woman....running along and Shaggy comes up and grabs you! All ended well with a laugh."



Doug Smith runs after Palina Katsuba to tell her that she has finished her 800m.

Photos: facebook



Athletes of the year Carol Lafayette-Boyd and Charles Allie are all smiles after receiving their awards. Sharing the moment are (from left) Executive vice-president of WMA, Lynne Schickert, WMA president Margit Jungmann and (right) WMA secretary Maria Alfaro.

Photo: LUTWIN JUNGMAN.

Athletes of the year celebrated in Torun

**By STAN PERKINS on
MastersRankings.com**

Once again, WMA had the honour of celebrating our Athletes of the Year. The overall Athletes of the Year are Carol Lafayette-Boyd from Canada and Charles Allie from the United States.

In 2018, Carol Lafayette-Boyd added to her impressive list of World Records by breaking indoor Long and Triple Jumps plus 60m then outdoor 200m and High Jump in Malaga. She broke the 200m record three times during the season. Carol was W75 WMA Champion in

100m, 200m, High, Long and Triple Jumps. Carol was excited to set records in her second year in the age group. She is even more excited to be retired from the high jump – an event she detests. She has some hardly used, World Record setting high jump shoes for sale.

In 2018 Charles Allie was M70 WMA Champion in Malaga in the 200m, 400m plus the 4 x 100m and 4 x 400m relays. He also set indoor and outdoor World Records in 200m and 400m last year.

“One Speed”, as his friends call him since all Charles knows is to run fast, had a good 2017 which excited him for the

potential in a new age group. He knew he had the potential to have a great year and everything fell in place. He just runs his race. The result of this was a 400m World Record which was 4 seconds faster than any other M70 runner!

This is the second time Charles has been named WMA Best Male Master of the Year, having been awarded this honour previously as a sprinter in the M65 age group in 2013. This year’s presentation was special for Charles because he could share the experience with Masters Athletes.

www.mastersrankings.com

WMA Indoor Championships –Torun

Never a dull moment in Roscoe's life



Roscoe with Robert Rohregger.

Photo: FACEBOOK

I arrived in Torun one day later than expected due to plane delays.

Thinking I was staying in Torun, I was picked up by Airbnb host Piotr with a sign held saying "Mr. MacDonnell, Perth, Australia" and transported 30kms away to Inowroclaw a small city outside of Torun.

My first race was the 3000m the next morning. That day I woke early, had coffee, walked 15 minutes to the train station, where Piotr had showed me directions on how to get there.

Within 10 minutes I was lost and in the middle of nowhere,

I stood on the road with a car oncoming, I made choo choo noises for a train to the driver who took me to the station.

However the first train was at 11.22am and my race was at 10.10am.

I ran 3km back to town, found a bus stop and used the little Polish I knew as no one spoke English.

Standing at the bus stop at 8.30am, a young woman approached and I asked if she spoke English. "Yes some" she told me. "The bus arrives at 8.46am and takes one hour to Torun," she said.

We sat together and from the bus station in Torun, we got a tram and then walked 500m and found the stadium.

I said goodbye, ran across the traffic lights into the stadium asking questions where do I go. It was 10am I had to run around the other side of the stadium to get to the call room.

Five minutes later, I gave my name, age group and event and the officials checked me in.

I ran in the first heat in 11mins 45.31s, exactly the same time as I had in a 3000m at Cannington on the Thursday evening I left to fly to Europe.

ROSCOE McDONNELL

	Prelims	Semis	Final	Place	Records		Prelims	Semis	Final	Place	Records
Greg Brennan (M50)						Roscoe McDonnell (M60)					
60m	8.10					1500m	5:27.96				
200m	26.68					3000m		11:45.31	17th	SR	
Andrew Brooker (M50)						8km Cross Country		35:34	17th		
Pentathlon			3292 pts	11th	*AR	10km Road Run		41.46	10th		
60m hurdles			10.83		SR	Half Marathon		1:32.30	5th		
Long jump			5.06m		*AR	Lynne Schickert (W75)					
Shot put			9.20m		*AR	High Jump		0.86m	7th	SR	
High jump			1.63m		*AR	3000m walk		24:23.12	6th		
1000m			3:08.58		*AR	10km Road Walk		1:25:20	6th		
Sharon Davis (W45)						Bob Schickert (M75)					
400m	61.90q		62.02	Bronze	SR	200m		42.37	17th	SR	
800m			2:18.01	Silver	*AR	3000m		18:21.62	12th		
Melissa Foster (W40)						6km Cross Country		42:59.00	35th		
60m	8.13		8.21	7th	SR	10km Road Run		1:07:53	9th		
200m	28.15Q	27.74			SR	4 x 200m M70 relay		2:16.36	7th	*AR	
60m hurdles	9.67q		9.57	6th	SR	Colin Smith (M50)					
Long Jump			5.54m	Gold	*AR	60m	7.92q	7.93			
Triple Jump			11.54m	4th	*AR	200m	26.06q	26.16		SR	
4 x 200m W40 relay			1:52.31	Bronze	*AR	400m	58.14Q	57.69		SR	
						4 x 200m M50 relay		1:42.25	4th	*AR	

* Pending Australian record

WMA Indoor Championships –Torun

Colin runs quicker than Daegu world champs

The time had come when I finally made it to the world masters indoors to a cold but beautiful town in Torun, Poland where my main goal was to better my performance of Daegu two years earlier, call it redemption. My first event was a 400 metres where I was able to make the semi-final finishing rank ninth and running almost a second quicker than Daegu.

Next was the 60 metres running 7.92 and 7.93 in the semi which had me ranked 12th and not far from the Australian record for men's 55 and finishing off with a reasonable time in the 200 metres heats and drawing the worst lane for semi, everyone kept saying I would be suited to lane one with the tight bends but they were wrong and I bombed out badly and didn't achieve a sub 26 second 200m but still ran quicker than Daegu.

Overall I can call this championship a success and have fallen in love with the old town of Torun another place athletics has taken me to. A place where I would never have dreamed to go to and I thank all the support from all those night warriors watching the midnight live feeds.



Photo: DOUG SMITH

COLIN SMITH Walking to the start of 400m is Colin and his fellow competitors.

Torun organisation far superior to Malaga's

The Torun event is my first indoor experience. The atmosphere inside the Arena is electric. The spectators are very close to the track which makes it easy to yell out encouragement to teammates. The organisation of the event is far superior to what we experienced in Malaga. The live streaming of races is also clear and professional.

I ran in the 60m on Monday finishing fifth in a really tough heat. I ranked 37 out of 57 which was OK. I am hoping for a better result in the 200m tomorrow. The highlights so far have been watching Melissa Foster and Andrew Wilcox win gold and Sharon Davis win bronze. Another highlight was seeing Francis Obikwelu, the 100m silver medallist from the 2004 Olympics win the M40 60m. There are a record number of Olympians competing in Torun. Sebastian Keitel, the

former Chilean 200m champion with a PB of 19.93, ran in the M45 60m. Unfortunately, he tore his hamstring 20 metres into the race.

Away from the track, it has been really cold for this Perth resident. I am staying in the historic old town which was the birthplace of the famous astronomer Nicolaus Copernicus. I have enjoyed dining out each night with my wonderful MAWA teammates of Sharon Davis, Colin Smith and Andrew Brooker. The food is of good quality and very affordable. I think the four of us spent AUD \$70 in total at a reasonably upmarket establishment.

As always the camaraderie between international athletes has been fantastic. I will definitely attend another World Indoor event.

GREG BRENNAN

Snapshot

WMA Championships in the beautiful, historic UN heritage listed city of Torun Poland.

As reported on the AA website www.athletics.com.au 42 men and 25 women are competing over six days.

Two years ago in Dague, Korea Australia had a smaller team than many nations, but we headed the medal count. It appears that will not happen this time but Australia and our New Zealand cousins are still doing well.

Torun has great facilities and the championships are well organised. Conditions are warm inside the stadium but cold outside. Overnight it was minus 5 and this morning I ran the 10 k road and needed gloves. Lynne is very busy with WMA meeting including interviewing future championships LOC teams.

There is a six-lane circular 200 m track which is very good and an eight-lane 60 m track. Outside the cross country was very demanding but a great course.

BOB SCHICKERT

WMA Indoor Championships –Torun, Saturday



It's all smiles for the Australian team at the opening ceremony of the World Indoor Championships.



MELISSA FOSTER



SHARON DAVIS



WILMA PERKINS

WMA Indoor Championships –Torun, Sunday



Colin Smith leads Patrick Crossan (IRL) to place second in a heat of the 400m.



KEVIN SOLOMON



WILMA PERKINS



ROSCOE McDONNELL

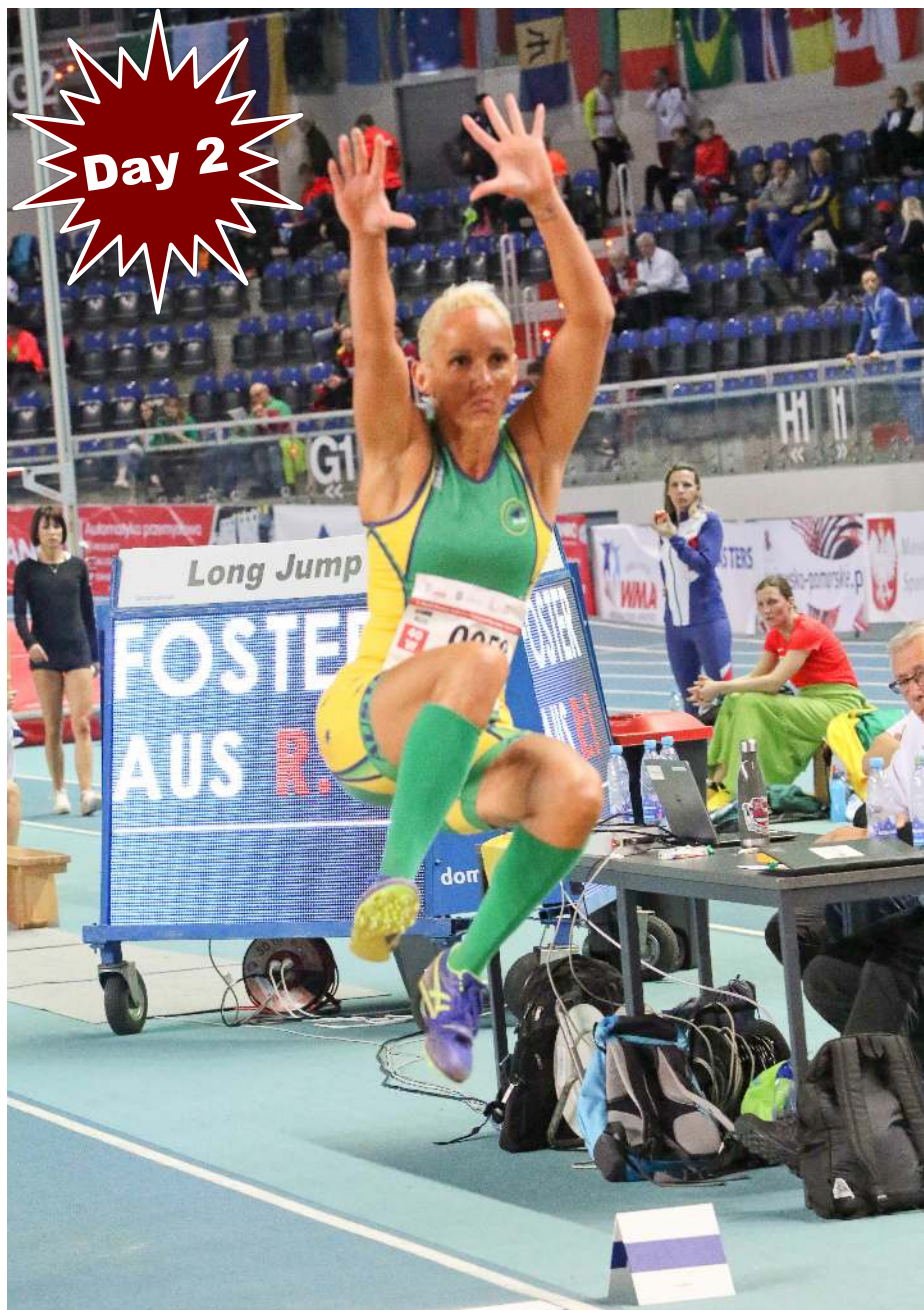


LEONORE LAMBERT



PHIL HNIAT

WMA Indoor Championships –Torun, Monday



Melissa Foster leaps to a gold medal with a jump of 5.54m in the W40 final.



LENORE LAMBERT – long jump, 4th



COLIN SMITH – 400m semi, 3rd



ANDREW WILCOX – 400m heat, 1st

WMA Indoor Championships –Torun, Tuesday



Melissa Foster places second to Germany's Sandra Kramer in heat one of the W40 60m. INSET: Australia's Monique Perry won her heat of the W40 60m in 7.94.



SHARON DAVIS



Photos: DOUG SMITH

LaTrica Dendy (USA) wins gold from Mireia Gorju Solsona (Spain) and Sharon Davis (Australia) in the W45 400m final.



JAY STONE – 400m bronze



ALEX WILCOX – 400m gold



LYNNE SCHICKERT – 3000m walk

WMA Indoor Championships –Torun, Wednesday



Photos: DOUG SMITH

Richard Scott (GBR) leads Antonio Franco (ESP), Nathan Crowley (AUS), Miles Smith (USA) and Darren Purcell (AUS).



Nathan Crowley (AUS) chases Richard Scott (GBR) in the 800m.



DARREN PURCELL



BRAD SHARPE

WMA Indoor Championships –Torun, Thursday



Sharon Davis (second from left) and fellow W45 800m competitors are all smiles after their event.

Photos: DOUG SMITH



Sonja Friend-Uhl (gold) leads Sharon Davis (silver) and Minori Hayakari (bronze) in the W45 800m final.



DEBORAH DRENNAN – 800m, 4th



ALLAN MAYFIELD – 800m, gold



PAULA MOORHOUSE – 800m, 3rd



LENORE LAMBERT – 200m heat, Q

WMA Indoor Championships –Torun, Friday



Rondrick Parker (left) wins a M35 semi from Marcin Marcinkowski and Jay Stone.

Photos: DOUG SMITH



ROSCOE McDONNELL – 1500m



Nathan Crowley leads this pack in a 1500m, fellow Aussie Darren Purcell is at the rear of this group.



RON SCHWEBEL – 1500m



ADAM FARLOW – 200m

WMA Indoor Championships –Torun, Saturday



Melissa Foster (third from right) qualifies for the final of the W40 60m hurdles.

Photos: DOUG SMITH



Lenore Lambert (third from left) wins a silver medal in the W45 60m hurdles.



DEBORAH DRENNAN



**PAULA MOORHOUSE –
1500m bronze**



Lynne Champion (GBR) leads Petrina Brown (AUS) and Batchimeg Jigjidsuren (MGL) in the M50 1500m final.

WMA Indoor Championships –Torun, Saturday



Gold medal winner Allan Mayfield (AUS) leads the pack in M70 1500m final.



Nathan Crowley (AUS) sits behind Mark Williams (USA) in the M45 1500m.



KEVIN SOLOMON – 1500m bronze



PETER SANDERY



Ken Wilson (AUS) sits in the pack during the M50 1500m final.

WMA Indoor Championships –Torun, Saturday



ABOVE: Displaying their silver medals and diplomas for M35 relay are (from left) Jay Stone, Ashley McMahon, William Little and Adam Farlow.

Photos: facebook

RIGHT: W65 relay team members Heather Carr, Rosemary Dean, Wilma Perkins and Paula Moorhouse.



BELOW: Bob Schickert, Viddy Jermacans, Allan Mayfield and Peter Crombie are all smiles for the camera.

BELOW RIGHT: Getting into the team spirit are W50 relay team members Petrina Brown, Leanne Monk, Robyn Suttor and Amanda Coombe.





Thanks Shaggy and next stop Toronto2020

For anyone who has been to past world championships they would have seen Doug “Shaggy” Smith taking photographs at the finish line.

The majority of photos in these Torun pages have been taken by him with his trusty Canon camera.

With the next world championship in Toronto, they are in good hands as Doug is the Toronto2020 chairman.

www.wmatoronto2020.com



Photo: MICRO GRAENERT